

**THERE'S
A DREAM
WE SHOULD
ALL KNOW
ABOUT.**

Travel Manitoba

RED RIVER COLLEGE

V.I.P. GRAD

Udo Whitford
Vice-President, Marketing and Communications

THE DIFFERENCE IS HERE

TSN 1290
WINNIPEG

RED RIVER COLLEGE

V.I.P. GRAD

Adam Toy
Senior Producer

THE DIFFERENCE IS HERE

Sierra Systems

RED RIVER COLLEGE

V.I.P. GRAD

Steve Regent
Consulting Director

THE DIFFERENCE IS HERE

MA MAWI WICHI
ITATA CENTRE

RED RIVER COLLEGE

V.I.P. GRAD

Jacile Anderson
Children's Care Coordinator

THE DIFFERENCE IS HERE

THIS IS WHAT SUCCESS LOOKS LIKE

Thank you to our 2017 billboard
partners and their V.I.P.s.

rrc.ca/billboards • [#rrcgrad](https://twitter.com/rrcgrad)



SELL IN 7 DAYS!

YOU SET THE PRICE, WE SELL YOUR RIDE. IT'S THAT EASY.

7

Receive an offer in seven days
or less – guaranteed!



CALL US AT 204-500-2225

VISIT ADESAWINNIPEG.COM

Winnipeg metro



FRANCE REJECTS FAR-RIGHT

Pro-EU centrist
Macron elected
his country's
youngest-ever
president

metroNEWS

Your essential daily news | MONDAY, MAY 8, 2017

High 18°C/Low 8°C Cloudy

Hope rising for pro soccer team

SPORTS

Group rallies for Winnipeg club in new Canadian league



**Braeden
Jones**
Metro | Winnipeg

Winnipeg doesn't have a professional soccer team yet, but that hasn't stopped Adam Johnston from becoming its No. 1 supporter and rallying others.

He explained that behind every great soccer club — football club, for purists — there's a well-organized support group being "loud and boisterous" to give their team a boost.

He's been steering a fledgling booster group to that end since December.

On Friday, Wade Miller, president of the Winnipeg Football Club, announced the organization is working with the group that is "spearheading" a new Canadian professional soccer league and has officially expressed interest in founding a club here in Manitoba.

With that announcement confirming Winnipeg could soon be home to a new pro team, things are getting serious for Johnston and the "Red River Rising" support group.

"We'll meet Thursday at 7 p.m. at Peg Beer Company, just to talk about our marketing strategy, planning events," Johnston said. "We've put out the idea of having supporters help us create a logo and a crest over the next couple of weeks."

Soccer-crazy Johnston said the Red River Rising followers will be the "loudest voices" in the crowd — but can't be the whole crowd.

"I'm hoping to grow the small support group over time to a large support base, which will grow the soccer community... Hopefully we grow to sell out Investor's Group Field for that opening game, or at least get a lot of people there."

Johnston figures Winnipeg has more soccer fans than most people realize. That's why he's making it his mission to rally them so by the time the new league commences play in fall 2018, the Red River Rising group will be ready.

"We're just getting started," he said.

DRIVEN HOME BY HATE

Manitoba woman, family
leave North Carolina
after her husband's
run-ins with racism

metroNEWS



Robin Attas, right, and Nicolas Narvaez Sosa plan to move to Winnipeg next month. COURTESY NICOLAS NARVAEZ

SAMER HABIB Gay man who feared deportation to Egypt receives refugee status metroNEWS



Your Gospel RESCUE Mission of Manitoba

Women's Addiction Recovery Program

- 1 30-day Program
- 2 HEART 1-year Program
- 3 Transitional Program
- 4 Long-term Supportive Housing (for program graduates)

204-943-9904 ext. 504 | www.gospelmission.ca



BRIDGWATER

Winnipeg's Fastest
Growing Neighbourhoods



More Destinations

Bridgwater is filled with amazing places to discover.

The distinctive features of Bridgwater make it a community unlike any other new development in Winnipeg. MORE playgrounds, fountains and neighbourhood places are waiting to be explored. All are linked by a park system crossing through MORE open space than St. Vital and Kildonan Parks combined!

- 7 unique playgrounds
- 3 vibrant fountains, one at the heart of each neighbourhood
- More parkland than any new community in Winnipeg's history

Bridgwater. More from life.

bridgwaterneighbourhoods.com

Failure to halt 'excessive deaths'

HEALTH

BY THE NUMBERS

Mother of two latest victim of still-worsening overdose crisis



A week after Destiny Manitopyes, a 24-year-old mother of two, died from a fentanyl overdose in her North End home, her cousin admonished a failing fight against opioids in Canada.

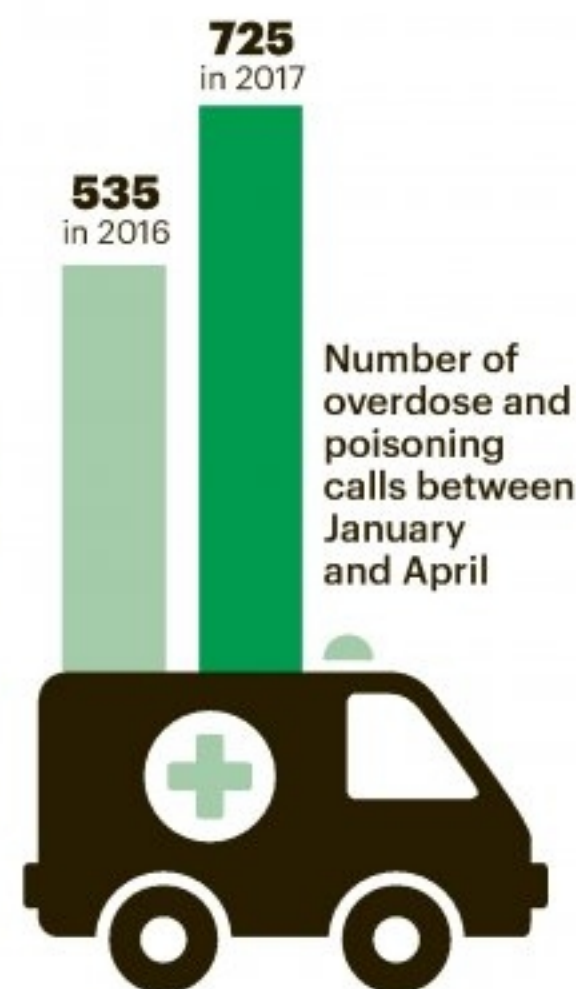
"There should be more being done. In my opinion, it just doesn't seem like a big issue for some reason," said Ai'a Oliver. 34

"It just seems like a lot of excessive death," she added.

New numbers provided to Metro by the City of Winnipeg show paramedics responded to 190 more overdose and poisoning calls between January and April this year than they did during the same period in 2016.

There was also a 94 per cent increase in the number of patients who received the medication Naloxone in the same time period.

Last month alone, paramedics responded to 174 overdose



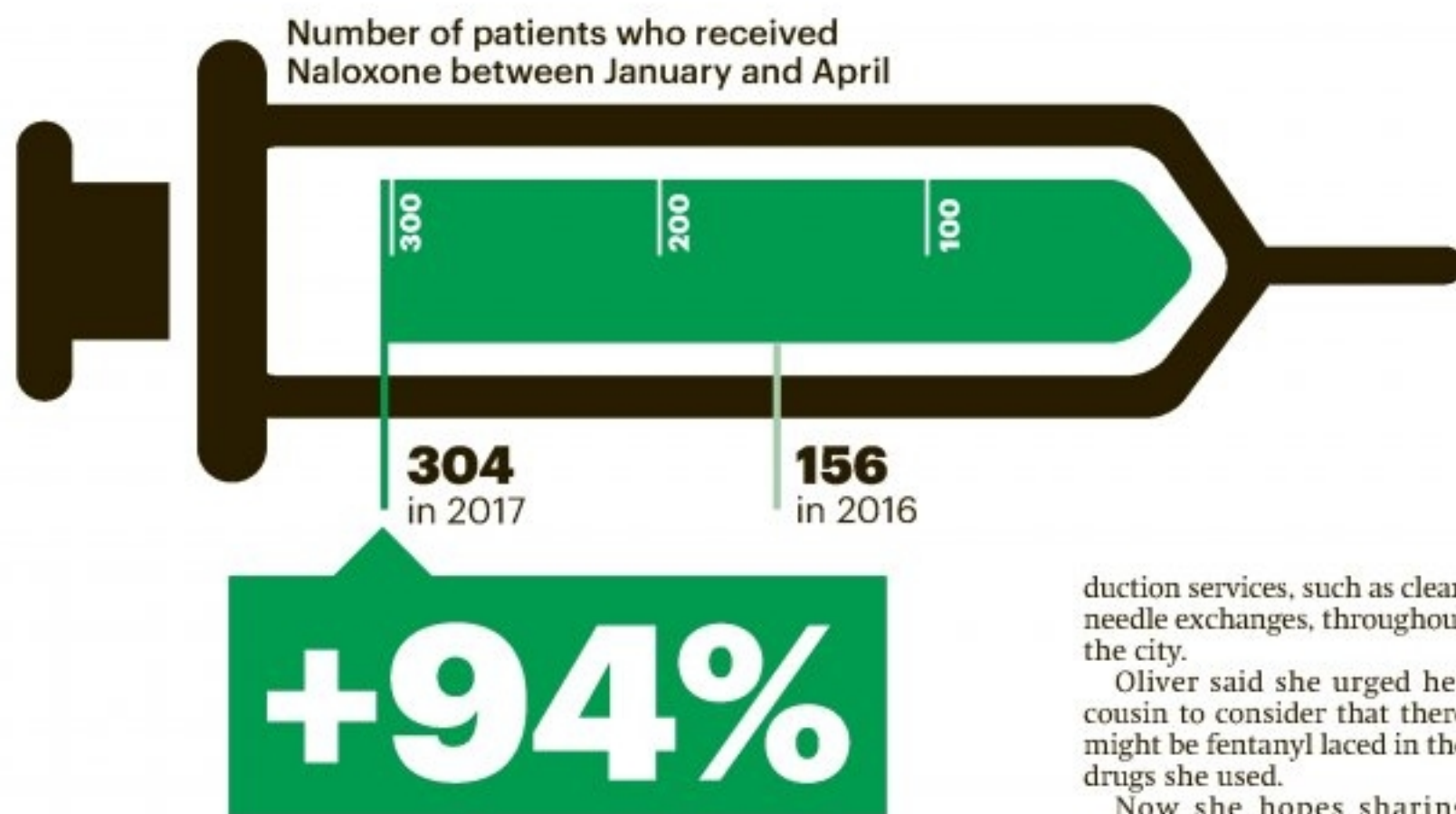
and poisoning calls, bringing the total to 725 this year.

Ryan Sneath, assistant chief of paramedic operations, said most of the calls come from "residential dwellings," though that may change as the weather warms up. There are also peaks in call volume closer to week-

ends, he said.

"I think members of the public should be worried," Sneath said. "This is prevalent in the community and ... people aren't talking about it as much as they should be talking about it."

The Winnipeg Regional



duction services, such as clean needle exchanges, throughout the city.

Oliver said she urged her cousin to consider that there might be fentanyl laced in the drugs she used.

Now she hopes sharing Manitopyes' story might persuade other drug users to be more cautious.

"Think of the people you're leaving behind. If you can't (quit) for yourself, do it for the people like your mom or your kids," she said. "Think about when you're gone and the effect it will have on everybody's lives."

“

I think members of the public should be worried.

Ryan Sneath

Health Authority is undertaking community consultations with those at risk of overdose to find the best solutions to prevent harm, said medical officer Joos Reimer.

Ideas could include implementing a safe injection site in Winnipeg or more harm-re-

BACK IN ACTION IN THE BLINK OF AN EYE.

With LASIK, see clearly in only 10 minutes and experience virtually no downtime.

Starting at \$490/eye*

Book a free consultation at 1-855-301-2020 or lasikmd.com

LASIK MD

VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK portion at \$490/eye and Custom LASIK starting at \$1,990/eye. Other conditions may apply.

'We're going to have a very good sleep'



Samer Habib, left, with his boyfriend Giovanni Penner, testified at the Immigration and Refugee Board Friday, earning refugee status after a stressful saga trying to stay in Canada. JESSICA BOTELHO-URBANSKI/METRO

IMMIGRATION

Gay Egyptian man expresses relief at getting refugee status



Jessica Botelho-Urbanski
Metro | Winnipeg

Samer Habib won the right to stay in Canada Friday, quelling his fears of being deported back to Egypt and prosecuted for being gay.

Beaming as he exited the Immigration and Refugee Board hearing after 45 minutes, he said the process went smoothly — a huge relief considering he was "ready to puke" before testifying.

The IRB member, Michal Fox, asked about three questions to do with family ties back home and media attention he received in Canada, stories of which may have been seen in Egypt.

"(There were) no questions about my sexuality, rather questions about what happened after I filed my case," Habib said. "It was very fast, a lot faster than I expected. The board member was very sincere and she just asked a few questions about the case and she was like, 'I'm ready to make a decision.'"

"She said she wanted to congratulate the claimant on a very well compiled case. She said it was very clear for many, many reasons why she would make that decision. She said, 'Congratulations and have a good life,' basically," he said.

Habib and his lawyer Bashir Khan were thankful for a well-timed new guideline brought forth by the IRB chairperson this week outlining which questions were appropriate for board members to ask LG-BTQ refugees. Khan said the board member made reference to the guideline during their conversation.

Habib, 23, had been staying in Winnipeg since 2011, studying then working at the University of Winnipeg.

His passport was set to expire in June and he feared being sent home and forced to join the military or worse. If those in Egypt found out he was gay, Habib said they might torture or jail him.

Putting those fears to rest, he's ready to celebrate with his friends in Winnipeg and boyfriend, Giovanni Penner.

"We're going to have a very good sleep for the first time in a long time, and then from there we'll see," Habib said. "We'll have to celebrate with my friends and everyone who's supported me."



It was very fast, a lot faster than I expected. The board member was very sincere and she just asked a few questions about the case and she was like, 'I'm ready to make a decision.'

Samer Habib

CONFIDENCE

Coming out, and going online

Danelle Granger
For Metro | Winnipeg

Emily Neufeld's grandparents were supportive when she came out as transgender to them.

Neufeld's grandfather works with transgender kids, and he recommended Neufeld look into Klinik — a community health organization rooted in social justice.

It took six months before Neufeld got into Klinik, but she started to come out to people she knew.

"Everyone was supportive at work, at the gym and my family. The day I started my HRT (hormone replacement therapy), I said it over a microphone at the standup meeting at work."

The next step was to move out and live on her own for a year as part of the requirements to get reassignment surgery.

During that year, she got into mountain biking and biked to Banff, to Phoenix, to Sedona and ended up back in Banff a year later in 2016.

Neufeld started a YouTube

Emily Neufeld found people supportive when she came out as transgender.
DANELLE GRANGER/
FOR METRO



On Pride

Favourite Pride memory?
I have yet to go to Pride, I should really go.

Why do you think Pride was important 30 years ago?
I would think that 30 years ago, Pride was to say we don't have to live in secret and that we can live free and be accepted for who we are.

Why do you think Pride is important today?
I think today Pride is for our rights and the struggles the community has faced in the past and continues to face.

green
ACTION
centre

presents:

the 2017 **Commuter**

Challenge

Register, Commute & Win!

register at greenactioncentre.ca

Participate
& Win Prizes!

National Environment Week
June 4-10, 2017

Racist U.S. run-ins bring couple home

IMMIGRATION

Husband of Pinawa native targeted due to skin colour



Jessica Botelho-Urbanski
Metro | Winnipeg

A Manitoba professor working in North Carolina has quit her job to move her family home, citing racist run-ins experienced by her Nicaraguan husband as reason to leave.

Robin Attas, who's originally from Pinawa, Man., has taught music theory at Elon University since 2013.

She said her family — which includes husband Nicolás Narváez Soza, a five-year-old son and two-year-old daughter — was expecting "cultural differences" when they moved to the U.S. from Vancouver.

But they weren't expecting to be the subject of "blatant" racism causing them to fear for Narváez Soza's safety.

"We've seen first-hand how unsafe and scary living in the United States is right now for people of colour and for people with accents and for people who come from other countries," Attas said.

From micro-aggressions to 'obviously racist' acts

During their first year in Elon, NC, Attas said her and her husband would be treated differently in public. He would be the recipient of more "grumpy behaviour" at places like the post office.

"We'd notice things like

that, but at the time, didn't chock them up to the colour of my husband's skin," Attas said. "Then once we moved to Burlington, he started to have a few encounters that were much more obviously racist."

One of those encounters involved a hardware store clerk telling Narváez Soza he "should learn English" when he couldn't remember the name for a specific part he was looking for.

When he was standing on the front lawn of their home with his kids, a stranger drove by in a pick-up truck, threw a bottle at him and yelled "'F—g Mexican go home!'"

A run-in with police last fall was the final straw.

Narváez Soza was pulled over by a police officer for

ly packing up and plans to move in temporarily with Attas' parents in Pinawa in June. They don't have any job prospects yet, but hope to find work in Winnipeg, a city that's more affordable and culturally-tolerant, Attas said.

"I think Winnipeg really became the choice because it is close to family," she said.

"I think also just recognizing the trauma that this experience has caused not just my husband, but me as well. To be able to go back to a place that really feels like home, in a deep way, and that feels safe and secure is important."

Attas said her family's experience has given some insight on why some refugee claimants are fleeing the U.S.

We've seen first-hand how unsafe and scary living in the United States is right now. Robin Attas

not wearing a seatbelt while he was wearing a seatbelt, Attas said.

While Narváez Soza grabbed documents from the back seat, with the officer's permission, "the officer put his hand on his gun," Attas said. "My husband feared for his life at that point."

"We'd been debating for quite awhile at that point whether we were really going to stay in the U.S.," she said. "When he told me that story, I just said, 'That's it, there's no more debate. We're out of here.'"

Moving somewhere 'safe and secure'

Their family is current-

ly for Canada.

She hopes Manitobans and Canadians welcome the claimants with open arms.

"I think as much as we've had really beautiful experiences with many Americans here, there's also a daily fear that both me and my husband face, and that's a fear I imagine these refugees are also having," Attas said.

"I see these debates about the Safe Third Country Agreement and I'm not an immigration lawyer or a legal expert, but it doesn't feel safe to us," she said. "So I completely understand why refugees would want to do what they're doing and make the choices they are."



COMMUNITY PANTRY SERVES THE NEEDY A couple who've opened a community pantry outside their home in a poor Winnipeg neighbourhood say they could have started a community library, but the neighbours who knock on their door aren't looking for "War and Peace." Kelly Hughes and Andrea Vaile live in the Centennial neighbourhood of Winnipeg near several inner-city missions. Their house is attached to a former church which they're planning to renovate into a theatre and music space, but Hughes says it means they get a lot of people at their door, often asking for food. "We sometimes had some stuff inside handy that we could give them, but Andrea said maybe we should build one of these free pantries," Hughes explained. THE CANADIAN PRESS

MUSIC

Beer, symphony 'a perfect match'



Keila DePape
For Metro | Winnipeg

The Winnipeg Symphony Orchestra (WSO) wants you to drink and be merry during their upcoming concert at a local brewpub for the sake of lost tradition.

A pint of beer and a 30-piece orchestra is "the perfect match," said Neil Middleton, vice president of marketing and development at the WSO.

He explained the performance on Friday, May 12 promises to be a lively, casual affair, getting back to what classical music was initially intended for — "pure entertainment."

The WSO plays at unique venues across the city, but Middleton believes this show at a microbrewery is a first, adding the "beautiful arched ceiling and original wood" in LBJ make for an 'ideal' concert hall.

It's not the first off-the-wall event at Little Brown Jug, which opened last month and has already hosted live bands, beer yoga, friendly debates, and a pop-up dinner with a world-renowned chef.

"We want our space to be used in innovative ways for the community," said LBJ founder Kevin Selch. "We're going to open up the garage doors and let the music pour out into the street."

Selch says events like this

exemplify how businesses in the Exchange District "are really coming together to build the neighbourhood and support each other in a fundamental way."

For their grand opening last month, five nearby restaurants came together to cater LBJ's debut for free.

This summer, Little Brown Jug is teaming up with Hearts & Roots to bring fresh produce to the Downtown/Exchange District, a community that's advocated for a new grocery store.

"People will be able to walk into the brewery and pick up a box of fresh fruits and veggies every week," said Selch. "We're all about honesty, community, and quality."

Sunday, May 14, 2017

Mother's Day Brunch

seating times 9:30am & 12:00pm
Children 12 and under \$1 per year of age

Adults	Seniors
\$26	\$24

FOR RESERVATIONS CALL
204-775-0451-166

1670 Portage Avenue
Winnipeg, Manitoba, Canada
Phone: 204.775.0451
www.viscount-gort.com

Menu

- CARVED ROAST HAM WITH APPLE SAUCE	- HASH BROWNS
- PENNE ALFREDO	- VARIETY OF SALADS
- QUICHE LORRAINE	- CHEESE/FRUIT/VEGETABLES
- BACON/SAUSAGE	- ASSORTED MINI BAGELS AND DANISH
- WAFFLES	- ASSORTED DESSERTS AND DAINTIES
- OMELETTES MADE TO ORDER	

Sunday, May 14, 2017

Mother's Day Dinner Buffet

seating times 3:00pm & 6:00pm
Children 12 and under \$1 per year of age

Adults	Seniors
\$29	\$27

FOR RESERVATIONS CALL
204-775-0451-166

1670 Portage Avenue
Winnipeg, Manitoba, Canada
Phone: 204.775.0451
www.viscount-gort.com

Menu

- FRIED CHICKEN	- HONEY BUTTERED CARROTS
- CARVED ROAST BEEF	- VARIETY OF SALADS
- CARVED GLAZED HAM	- CHEESE/FRUIT/VEGETABLES
- SWEDISH MEATBALLS	- DINNER ROLLS
- PEROGIES WITH FRIED ONIONS	- ASSORTED CAKES AND DANTIES
- WHIPPED POTATOES	

CALGARY

Child given 'shot at life she deserves'



Aaron Chatha
Metro | Calgary

Three-year-old Greta Marofke's been given a new liver, and a new lease on life.

Greta had hepatoblastoma, a rare form of liver cancer, and was officially placed on the Cincinnati Children's Hospital's organ transplant list, after months of flying back and forth between Calgary and the Ohio city where she is being treated.

The cancer had previously been treated at the Alberta Children's Hospital, but when it returned, the family was told a transplant was not an option and palliative care was recommended. Unwilling to give up, the family found an expert in Cincinnati to perform a transplant.

According to an early Sunday morning Facebook post on the Greta's Guardians page, the family was going through customs at the airport when they received a call that they had a new liver for her.

"We just left our baby in the OR to receive her new liver!" read a statement on the page. "She will come out of there at the end of today with a new liver and NO tumours! We are so sad to think about the family who lost their baby yesterday but so thankful they decided to help give Greta the shot at life she deserves."



Three-year-old Greta Marofke has received a new liver in Cincinnati, Ohio.

ELIZABETH CAMERON/FOR METRO

Canada battles the rain

RISING WATERS

Heavy weather leads to flooding from coast to coast



Alex Abdelwahab
Metro | Ottawa

It was a weekend of constant rainfall, evacuation orders and stories of kindness and generosity, as Canadians across the country grapple with dangerously rising levels of floodwaters.

In Ottawa's Constance Bay, resident Melissa Lepage was among more than a dozen people working hard to stack sandbags around her neighbour's house, even using a canoe to transport sandbags across the flooded lawn.

Lepage had been forced to evacuate her own home across the street Friday night, along with her husband, three of her five kids who still lived at home, her mother, three dogs and two cats.

"We lost everything downstairs. We couldn't keep up with it. The water was just coming up," Lepage said, adding the insurance company has already told her family it won't cover the damages. "We're living paycheque to paycheque. We won't have money to fix the house."

"Our priority is not our home anymore. It's other people," she said.

In Gatineau, more than 1500 volunteers came out Sunday to fill sandbags at the Campeau arena.

In Orleans more than 30 people were out with their families filling sandbags for residents in Rockland, more



We lost everything downstairs. We couldn't keep up with it. The water was just coming up. Melissa Lepage

than 15 kilometers away.

Quebec has been hardest hit, with nearly 1,900 flooded homes in roughly 130 municipalities, from the Ontario border in the west, to the Gaspé peninsula.

Hundreds of members of the Canadian forces have been deployed into communities across the province, several of which are under a state of emergency.

Public Safety Minister Ralph Goodale said no other province had so far requested military help, but forces personnel, including reserves, are on standby across the country.

The situation in Ontario seems to be "generally stabilizing," although there are many unstable local circumstances,

he said.

On Sunday, Montreal became the latest Quebec city to declare a state of emergency after three dikes gave way in the Pierrefonds-Roxboro borough, in the north end of the city by the Rivieres des Prairies.

Montreal Mayor Denis Coderre said about 220 people in the city had been evacuated from their homes.

In Atlantic Canada, some parts of New Brunswick recorded more than 150 millimetres of rain after a nearly 36 hour non-stop downpour.

A weather station northeast of Saint John, N.B., measured 155 millimetres of precipitation from late Friday to early Sunday.

While the deluge tapered off

in the province early Sunday, New Brunswick's St. John River has spilled its banks, prompting several road closures.

"It's above flood stage in several areas from Fredericton down south," said Robert Duguay, a spokesman with the province's emergency measures organization. "Water levels are going to stay high probably for the rest of the week."

In British Columbia, the worst may be over after floods and mudslides wreaked havoc in the Interior over the weekend.

B.C.'s River Forecast Centre said water levels were receding throughout western portions of affected areas, including the south and central Okanagan and the Kootenay and Shuswap regions.

But searchers were still looking for two men missing in the aftermath of the flooding.

WITH FILES FROM THE CANADIAN PRESS



Residents paddle a boat past a submerged car in a flooded area of Gatineau, Que., on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

FOCUS ON FAMINE

Mothers help mothers survive in famine-struck areas



Gilbert Ngabo
Metro | Toronto

A trip to East Africa last fall changed Danny Glenwright's perspective on the famine crisis affecting millions of people.

The executive director of Action Against Hunger Canada was visiting various projects the charity group runs in the region, helping to build resilience in communities affected by food shortage and drought. That's when he realized the crisis was inflicting more burden to women

and young mothers.

"You see moms walking miles from across the desert with their babies," he said, describing a semi-nomadic lifestyle that forces people to move around searching for water. "It's shocking. There's just not been so much attention paid to some of these places and the issues they're facing."

His organization wants Canadian mothers to know about the plight of these women—and to lend a helping hand. A new campaign, Care for Mom, is working with yoga studios and gyms across the country to drum up



Danny Glenwright, executive director of Action Against Hunger. EDUARDO LIMA/METRO

a "mother to mother" support.

Glenwright said the goal of the campaign is to introduce Canadian mothers to the issue of food insecurity that's affecting other mothers, and that they can make a difference.

The United Nations has already declared a state of famine in some parts of South Sudan, and has warned that three other countries—Somalia, northern Nigeria and Yemen—could soon fall into the same situation if humanitarian efforts are not increased.

Action Against Hunger already

has mom-to-mom support programs in a dozen African countries, with older mothers helping younger ones in maternal self-care. The group also operates "baby tents" where displaced mothers can securely feed their newborns.

Glenwright adds the campaign is about sharing a sense of responsibility and support across borders and continents.

"This is just to say to Canadians: 'Look, they're moms like you on the other side of the world who are just struggling to take care of themselves.'"

DETAILS

■ The United Nations says it needs \$4.4 billion to avert the full-blown famine situation in South Sudan, Somalia, northern Nigeria and Yemen. As of mid-April, only \$984 million had been secured.

■ How you can help: To learn more about the campaign and to donate, visit actioncontrelafaim.ca

'France has won'

ELECTION

Pro-EU Macron will be nation's youngest ever president

Ripping up France's political map, voters elected independent centrist Emmanuel Macron as the country's youngest president Sunday, delivering a resounding victory to the unabashedly pro-European former investment banker and strengthening France's place as a central pillar of the European Union.

At a victory party outside the Louvre Museum in Paris, Macron supporters roared with delight at the news, waving red, white and blue tricolour flags. The jubilant crowd swelled to thousands as the night wore on.

"A new page in our long history is opening tonight. I want it to be one of hope and renewed confidence," Macron said.

Marine Le Pen, his far-right opponent in the presidential runoff, quickly called the 39-year-old Macron to concede defeat after voters rejected her "French-first" nationalism by a large margin. Macron, in a solemn televised victory speech, vowed to heal the social divisions exposed by France's acrimonious election campaign.

"I know the divisions in our nation that led some to extreme votes. I respect them," he said. "I know the anger,



Emmanuel Macron won the French presidential election on Sunday. GETTY IMAGES

the anxiety, the doubts that a large number of you also expressed. It is my responsibility to hear them."

The result wasn't even close: With four-fifths of votes counted, Macron had 64 per cent support to Le Pen's 36 per cent.

Le Pen's performance dashed her hopes that the populist wave that swept Donald Trump into the White House and led Britain to vote to leave the EU would also carry her to France's presidential Elysee Palace.

Macron's victory marked the third time in six months — following elections in Austria and the Netherlands — that European voters shot down far-right populists who wanted to restore borders across Europe. The election of a French president who championed European unity could also strengthen the EU's hand in its complex divorce proceedings with Britain.

"France has won!" Macron said in an address to support-

ers. "Everyone said it was impossible. But they did not know France!"

Saying Le Pen voters backed her because they were angry, he vowed: "I will do everything in the five years to come so there is no more reason to vote for the extremes."

Many French voters backed him reluctantly to keep out Le Pen and her National Front party, which has a long anti-Semitic and racist history.

THE ASSOCIATED PRESS

NIGERIA

82 Chibok girls freed

Five Boko Haram commanders were released in exchange for the freedom of 82 Chibok schoolgirls kidnapped by the extremist group three years ago, a Nigerian government official said Sunday, as the girls were expected to meet with the country's president and their families.

The confirmation of the prisoner swap came a day after the young women were liberated. The official spoke on condition of anonymity as he was not authorized to speak to reporters on the matter.

There was no immediate comment about the exchange from the Nigerian presidency or Boko



Some of the recently freed girls in Abuja, Nigeria. AP

Haram, which has links to Daesh. President Muhammadu Buhari's office said Saturday that "some" Boko Haram suspects in detention had been released for the freedom of the schoolgirls, but it did not give details.

THE ASSOCIATED PRESS

Police involved as Czech Girl Scout faces threats

The Czech Interior Ministry says that police are taking steps to ensure the security of a Girl Scout after a photo showing her confronting a neo-Nazi group went viral. The ministry's Center Against Terrorism and Hybrid Threats says the move was prompted by threats against 16-year-old student Lucie Myslikova that appeared on Facebook.



Lucie Myslikova talks to a protester last week.

THE ASSOCIATED PRESS

DONALD TRUMP

Republican Senators pressured on health care

President Donald Trump urged Senate Republicans on Sunday to "not let the American people down," as

the debate over overhauling the U.S. health care systems shifts to Congress' upper chamber, where a vote is weeks, if not months, away.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 97 STRATFORD, ONTARIO



IT IS A PLEASURE TO RETURN TO STRATFORD, ONT. EVERY SUMMER. THE THEATRE PERFORMANCES CHANGE EVERY YEAR, BUT THE SERENE AND BEAUTIFUL RIVERSIDE REMAINS THE SAME. LOUISE RACHLIS

Service Directory

To advertise call 204.943.9300

ASTROLOGER

JAI KAALI MA PALM READER

YOUNG & DYNAMIC
TRADITIONAL ASTROLOGER
PANDIT: RAGU DEVA
100% Guarantee
100% Results

PALM READING, FACE READING, HOROSCOPE

BRING BACK LOVED ONES IN 9 DAYS

Master in Getting rid of Black Hearts, Jadoo, Buttu, Obeya, Jambli, Witchcraft, All Types of Evil spirits, Generation Curses etc

VEDIC SOLUTIONS AVAILABLE FOR:

• Health • Education • Family • Job
• Marriage • Divorce • Love • Childless
• Business • Promotion • Husband-Wife • Couples
• Lucky Numbers • Court • Etc

204-293-8539

If you are disappointed with other Astrologers, then visit me

once & See the Difference Get 100% Guaranteed Solutions

180 Royal Ave, Main St, Winnipeg (PRIVATE HOUSE)

FINANCIAL

\$300-\$1000 LOAN in 12hrs or less



Lamina.ca - 1-800-NEW-CREDIT
no credit checks, documents or faxing,
paid over 3 - 5 months

PSYCHIC

SPIRITUAL HEALER & INDIAN PSYCHIC

PASSED DOWN FROM GENERATION TO GENERATION

Pandit: RAM GURUJI

Palm Reading • Face Reading • Horoscope

Expert in Removing all types of Black Magic, Voodoo, Obeya,

Generation curses, Evil spirits, Buttu, Witchcraft, Bad Luck etc

100% REMOVAL OF BLACK MAGIC & GIVES PROTECTION

Solves Problems like Business, Love, Marriage, Husband-Wife,

Children, Sickness, Depression, Court, Jealousy, Personal etc

MASTER IS SPECIALIZED IN BRING BACK LOVED ONES

204-291-5127

1739 Manitoba Ave Winnipeg, Keewatin St., R2R 0V7



URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,

I'm going to a close friend's wedding in June and he wants me to give the toast to the bride. I told him I have severe stage fright, but he insists. Is there a polite way to get out of it and still stay friends with him and his wife-to-be?

Thanks,
Mr. Terrified

Dear Mr. Terrified,

You are in good company. According to the Internet, singers Lorde and Adele have both been known to throw up before going on stage. British actor Stephen Fry got so scared about performing in a play in London's West End in 1995 that he fled the country and ended up in Bruges, Belgium. He needed 17 years before he was ready to get back onstage. Another British acting god, Laurence Olivier, fought off paralyzing stage fright by standing backstage and furiously addressing the audience as "you bastards!"

I'm sure your stage fright is just as real as theirs, but there's no need to repeat such behaviours. If your stage fright is bad enough to make you vomit, want to flee the country or erupt in profanities, then the polite thing to do is tell your friend you can't toast the bride for medical reasons — and then produce a doctor's note. Seriously, if you're that incapacitated, it wouldn't hurt to see someone and talk about it.

But if it's just normal performance anxiety, which most human beings have in one form or another, then you have to

swallow your pride and do it anyway.

It doesn't matter if you're tongue-tied, awkward and bound to make a fool of yourself. People love that kind of disastrous display at weddings. And no matter how ridiculous you look or feel, the speech itself can still be a resounding success.

All you need to do is prepare. Write your speech ahead of time and practice delivering it. If you don't know what to write, ask

for help from a witty friend who also knows and loves the bride and groom, or use a professional wedding speechwriter, which you can find online at weddings.ca or any number of other websites (it's a growing business, which only proves my point that this is a very common problem). Look at samples of their work and make sure they fit your budget. If you decide to use someone, and they're any good, they'll interview you about your relationship to the

couple and draft something you can deliver with pride.

Finally, here's the advice I give myself when I'm nervous about speaking to a group: "It's not about you, you narcissistic idiot! Stop thinking about yourself, and stick to the material!"

Rather rude, but as long as you restrict it to quiet, personal use, you are most welcome to it.

Need advice?
Email Ellen:
askellen@metronews.ca

THE QUESTION

Can I refuse to give a wedding toast if I am truly too shy?



VICKY MOCHAMA

Do black female writers feel valued in Canadian media?

As a black female writer, the decision by journalist and activist Desmond Cole to leave the Toronto Star's opinion pages has left me thinking.

In his blog post, Cole wonders if other black writers in Canada will have a chance to thrive.

Specifically, he shouts out black women. As he told me by phone, "There are more barriers for them than there have been for me."

I asked a few black female writers whether they felt they could work in Canadian media.

"Honestly, I feel like I can but I also feel I have to censor myself a bit, you know?" said Brnesh Berhe, a writer from Edmonton.

Septembre Anderson, a former journalist, didn't feel like she could at all: "I've realized that there is only space in Canadian media for moderate black men journalists and have moved on to greener pastures."

The ones who are sticking with journalism aren't hopeful about Canadian media. "I think that Canadian media particularly doesn't value racialized writers," said Brittany Amofah. "We're disposable or used for a particular thing/column. But not perhaps as an ongoing voice."

Many of them spoke on the pressure to be a capital B black voice. I know I waver between resisting it and taking advantage of the opportunities I'm given, even when they're racialized.

"Canadian media was too white and marginalizing.

When they did want me to write it was always really in a way that pigeonholed me as 'a Muslim woman,'" said Sarah Hagi, a writer for Vice Canada. Hagi is one of the few black women who has a job in media, but she credits American publications for her freelance work.

Amani Bin Shikhan said, "There are unspoken assumptions that come with the territory of being a culture writer who also happens to be a black, Muslim woman, but it's in Canadian media that I feel those limitations on what I can say — and how I can say it — most."

These are some of the subtle and overt ways that anti-black racism works.

It's the pressure to lower one's voice. It's having your platform shrunk. It's the shifting sands on which one is meant to build. It's in picking between work you love and doing what is right.

Cole's treatment at a publication I have trusted and the experience of brilliant black women leave me with unease. My question isn't so much if black — and racialized — writers in Canada will get the space to be a multiplicity of identities.

That I am one of a few black writers with a large platform is not a credit to me. It's an indictment of an industry that does not value black voices.

My question is: Can someone tell me how many of us are allowed in?

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shrout

MANAGING EDITOR WINNIPEG
Lucy Scholey

ADVERTISER INQUIRIES
adinforwinipeg@metronews.ca
General phone 204-943-9300

FREE TO SHARE 

PHILOSOPHER CAT
by Jason Logan

WE LOVE
BECAUSE IT'S
THE ONLY TRUE
ADVENTURE.



NIKKI GIOVANNI

Philosopher cat now at
www.mymetrostore.ca

Focus on cultural slights

ART

Indigenous groups say appropriation is an old battle

The work of Toronto painter Amanda PL is infused with bright colours and bold outlines often associated with an Indigenous art style.

But for many of those familiar with the Woodland School of Art, as the genre is also known, it smacks of cultural appropriation by a young artist with no claim to the tradition.

Outrage over Amanda PL's work has renewed debate over who has the right to use and profit from specific customs.

It's a decades-old problem that is only gradually being understood in a field where ideas and images are continually borrowed, traded and reinvented, say observers.

B.C. lawyer Vanessa Udy says the broader public seems to be becoming more sensitive to possible cultural slights.

But the onus of identifying them falls on the person who finds it offensive, and that can be difficult to determine and articulate at times.

There's no easy formula to apply when feelings are hurt —

Udy notes each case requires a nuanced evaluation.

"Is it a person from a group who is in power over a group that is more dispossessed? Does the commodification of their culture put down their culture? Will it create negative stereotypes in the eyes of others?" explains Udy, an intellectual property lawyer who returned to school after seven years of practice to study aboriginal law.

"That's part of the problem of cultural appropriation, and why people don't always seem to get it is because it is an intellectually demanding process to go through in analyzing each case."

The Toronto gallery that planned to exhibit Amanda PL's work was quick to cancel when two complaints came in, says co-owner Tony Magee, who adds he's now fielding complaints from those angered by the cancellation.

"We didn't make our decision (to cancel) out of political correctness. We didn't do it as caving to pressure. We did it because we opened our eyes," says Magee, whose shop opened in January.

"It's really offensive to have people accuse us of caving in and not being willing to stand up for what we believe in. Well, we are standing up for what we believe in."

Amanda PL has said her work was inspired by the Woodland



Toronto artist Amanda PL's work (right) and Norval Morrisseau's painting *Androgyny*, which hangs in the ballroom at Rideau Hall in Ottawa (above). Amanda PL has acknowledged that her work bears a similarity to that of Morrisseau's. For those steeped in the Woodland School of Art, as the genre is known, Amanda PL's work smacks of cultural appropriation by a young artist with no claim to the tradition. THE CANADIAN PRESS/TORSTAR NEWS SERVICE

school and has acknowledged a similarity to the work of Anishinaabe artist Norval Morrisseau.

The problem for many is that she's white, and seems to have made no effort to consult with the Anishinaabe community even after vociferous protest.

The flap follows an uproar at the Whitney Biennial last month, when Brooklyn, N.Y.-based artist Dana Schutz came under fire for her abstract painting *Open Casket*. It depicts the mutilated face of lynching victim Emmett

Till at his 1955 funeral. The work sparked outrage among several African-American artists offended that a white woman would tackle the subject, especially since it was a white woman whose unfounded accusations led to Till's murder. The Whitney has refused to remove the painting, saying the museum provides a platform to explore critical issues.

But the difference here is that Schutz created the work as a reaction to last year's Black Lives Matter protests, notes Magee.



She has also said she has no intention of selling it.



She imagined her future. Can you imagine yours?



319 Elgin Avenue, 5th Floor
Winnipeg, Manitoba R3A 0K4
204-944-8202 • 1-877-829-8071
www.patalvocational.com

There's certainly room for culture to be borrowed, shared and reinvented, says the man in charge of Indigenous art at the National Gallery of Canada.

"Knowledge of cultural tenets and beliefs move back and forth across cultures through history. That's probably a good thing," says Greg Hill, who is of Mohawk descent and from the Six Nations of the Grand River Territory. "It becomes a problem when things are borrowed or taken and they're used out of context or they're misunderstood, they're not understood and they're unknowingly or purposefully used in an inappropriate way."

He points to strict rules within various cultural groups about who can do what, and who has the right to inherit stories and imagery. "These things are passed down from generation to generation. It's really ignorant to just come in and take something and not acknowledge when it's being pointed out to you that there might be a problem with what you're doing," says Hill, senior Audain curator of Indigenous art.

He points to the collaboration between Métis artist Christi Belcourt and the fashion house of Valentino as one example of how things can go right. The Italian designer incorporated images from one of Belcourt's paintings into his 2016 Resort line. "She was contacted. She was compensated and credited," says Hill. THE CANADIAN PRESS

It's really ignorant to take something and not acknowledge when it's being pointed out that there might be a problem with what you're doing. Greg Hill



'Start a Career in Healthcare

Offering Health Care Aide, Medical Lab Assistant, Medical Office Assistant and Community Support Worker diploma programs

204.775.8175

HERZING.CA/WINNIPEG



HERZING
COLLEGE

Pet insurance plans can be handy for some

PERSONAL FINANCE

But owners divided over worth of monthly fees

Monica Finlay's childhood yellow Labrador, Amy, had a few surprise accidents that cost her parents a lot of money.

"She blew out her ACL and that was really expensive," Finlay says. "Then, right at the end of her life, she blew out her other ACL."

That experience is partly why she and her husband have been spending \$45 a month for pet insurance since they got their German shepherd mix, Ozzie, about six years ago.

Pet insurance plans cover some veterinary costs, but pet owners are divided on whether they're worth it.

Medical costs over an animal's lifetime can be steep.

Cats cost their owners at least \$100 a year, while dogs cost at least \$200, according to the British Columbia Society for the Prevention of Cruelty to Animals. Those numbers only cover routine visits and don't take into account emergencies, which can add up to thousands of dollars.

Monthly fees vary depending on factors such as the animal's breed, age and location, as well



Monica Finlay, seen hanging out with her dog Ozzie in Guelph, Ont. has been spending \$45 a month for pet insurance since they got their German shepherd mix. THE CANADIAN PRESS

as what the plan covers. Owners can choose from accident, illness and wellness coverage, which covers the routine visits most plans don't.

Plans often have a combination of a maximum payout amount each year, a deductible (an amount the owner must pay before the insurer pitches in) and a co-pay (a percentage of the bill the owner is responsible for). Many plans won't cover future costs for pre-existing conditions.

Fees vary. But the average yearly cost of insuring an adult cat for accident and illness coverage with Pets Plus Us, for instance, is \$370, while for a dog the cost nearly doubles to \$734.

It's estimated only about one to three per cent of all domestic cats and dogs in the country have some type of insurance, like Finlay's dog Ozzie.

Finlay says insurance has covered Ozzie's roughly \$2,500 of annual medical costs since they discovered he has allergies to about 22 things, including beef, chicken and wool.

"It would have been really cost prohibitive to keep him if we didn't have pet insurance," she says, adding the insurer pays 90 per cent of those costs save for a one-time \$500 deductible.

But not all pets need such expensive, ongoing care and the monthly fees could add up

to more than what the insurer needs to pay.

Michelle Van Dyk-Houghton chose not to insure her dog Brooke or her cat Ginger after weighing the monthly cost of insurance versus the potential savings. Instead, she and her husband set aside \$100 to \$200 a month for animal care and draw on those funds when needed.

"If we don't need it, then it's money that we still have," she says.

Not all pet owners are able to take out insurance though.

When Marli Vlok's first guinea pig fell ill with what she believes was fibrous osteodystrophy, a metabolic bone disease, she paid more than \$900 for Ember's teeth to be trimmed three times and about \$700 for a visit to a specialist. She looked into pet insurance for her other guinea pigs, but couldn't find a plan that would cover them.

Vlok routinely shells out between \$40 and \$70 for vet visits and has paid about \$300 for two sets of X-rays for Onyx.

She says she keeps about \$500 on hand for vet purposes at all times, but would prefer to pay for insurance.

"They're one of those pets that you have a very good chance that they'll be absolutely healthy," she says.

"But when things go wrong, it's expensive wrong."

THE CANADIAN PRESS



I need:

A hands-on program that will prepare me for a career in health care.

KASH T. HEALTH CARE AIDE GRADUATE

Start a career in Health Care in less than a year!

COMMUNITY SUPPORT WORKER
HEALTH CARE AIDE
MEDICAL LABORATORY ASSISTANT
NURSING ASSISTANT
PHARMACY TECHNICIAN
MASSAGE THERAPY (2-YEAR PROGRAM)

ROBERTSON COLLEGE

visit robertsoncollege.com for our complete program listing.
BUSINESS | TECHNOLOGY | HEALTH CARE



JOHANNA SCHNELLER WHAT I'M WATCHING

No laughing matter for hosts

THE SHOW: Late Show with Stephen Colbert and Jimmy Kimmel Live, May 1

THE MOMENT: Pushing it

"Something happened to my family last week," Jimmy Kimmel begins his monologue, his voice breaking. He relates how his baby son Billy was born April 21 with a heart disease and needed costly emergency surgery. He's uncharacteristically emotional.

He concludes with a plea for universal health insurance: "If your baby is going to die and it doesn't have to, it shouldn't matter how much money you make. No parent should ever have to decide if they can afford to save their child's life." The audience applauds.

"Let me introduce you to the Tiffany Way," Stephen Colbert begins his monologue. "When



Late Show host Stephen Colbert steps out of his normal persona to warn viewers about the dangers of Trump's policies. RICHARD BOETH/CBS VIA THE ASSOCIATED PRESS

you insult one member of the CBS family you insult us all." He objects to how Donald Trump insulted journalist John Dickerson in a TV interview. It's uncharacteristically angry. "You're turning into a prick-

tator," Colbert addresses Trump. "You attract more skinheads than Rogaine. The only thing your mouth is good for is being Putin's c— holster." The audience gasps.

I don't think it's mere coinci-

dence that both hosts broke character on the same night — which happened to be the 102nd day of Donald Trump's presidency. With the "first 100 days" hoopla over, grim reality had settled in.

The policies Trump is pursuing threaten people's human rights, their health and the planet (via climate change and nuclear war). And he's undermined the news media successfully enough that reporting these dangers has become difficult.

In very different ways, these two men stepped out of their normal personas to warn their viewers: This is no laughing matter.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Canadians spring for asparagus

FRESH HARVEST

Nutrient rich, abundant crop is an industry success story

Owen Roberts
Urban Cowboy



Odds are the fresh Ontario asparagus you now see in stores — the first stock of the season — is tasty Guelph Millennium. It's become a popular local food, a made-in-Ontario success story, credited by farmers for breathing life into what's become a \$30-million crop.

"If not for Guelph Millennium, we would not have a viable industry in Ontario today," says Bernie Solymar, executive director of the Asparagus Growers of Ontario. "That's the bottom line."

May is shaping up to be a great month for asparagus, Ontario's earliest commercial field crop. Warm spring days have arrived, and varieties such as Guelph Millennium are leaping out of the ground.

In fact, once asparagus breaks through the soil, farmers say you can actually sit and watch it climb skyward. Indeed, it can grow as much as 25 cm in a single day.

When it reaches its peak, about two weeks from now, farmers will have their hands full — literally, because they harvest the crop by hand, with a knife. It grows so fast that on hot days they have to cut it twice a day.

But they really don't mind. It's money in the bank.

To farmers, a crop's output, called "yield," is vital. To stay afloat, farmers have to be profitable. One way they do it is by growing high yielding crop varieties.

For asparagus farmers, that's



The asparagus you are cooking this week was probably grown, harvested and prepared similar to the way Charles Welsh (top right) does at Welsh Bros. Farm near Scotland, Ont. MAIN PHOTO ISTOCK, ALL OTHER PHOTOS LANCE MCMILLAN /FOR METRO



FACTOIDS of FARMING



Tasty in any colour

When asparagus surfaces each year, it turns green once it's exposed to sunlight, thanks to photosynthesis. Farmers can disrupt that process by mounding soil on top of it, as it starts to shoot through the ground. Depriving the plant of sunlight causes it to stay white. Besides green and white asparagus, some markets also feature asparagus with a gene that makes it purple.

What's that smell?

If your pee smells odd after eating asparagus, pat yourself on the back. The Asparagus Farmers of Ontario say the smell comes from

"sulfurous amino acids" that are released from the vegetable during digestion, which only one quarter of people can smell. If you sense a funny fragrance, it says, "That means you're not only normal, you have a good nose."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



FARM links

More about asparagus online

■ **Recipe ideas using asparagus**
asparagus.on.ca/recipes

■ **Where to buy asparagus seed**
asparagus.on.ca

■ **Where to buy local asparagus**
asparagus.on.ca/buy-local

■ **Take our poll**
In addition to being healthy and abundant, asparagus can be part of a variety of dishes. What is your favourite way to cook asparagus? Visit metronews.ca to weigh in.

where Guelph Millennium comes in handy. Its yield per acre is double that of older asparagus varieties. That makes growing asparagus attractive to farmers.

In fact, in Ontario, acreage has increased to 3,400 acres — up 700 acres in just the past four years. And Guelph Millennium comprises 100 per cent of the new asparagus plantings in the province.

There's more. The same Guelph Millennium plant can be productive for more than 15 years. That's about twice as long as competitive varieties. Plus, it doesn't buckle when the mercury dives. Guelph Millennium is now grown as far north as Saskatoon. And thanks to Fox Seeds, Ontario asparagus growers' own brand, Guelph Millennium is even being registered for farmers in chilly Russia.

But while field performance is an important part of the Guelph Millennium story, there are other reasons it's a superstar variety, too.

First, it's high in vitamins such as folic acid, potassium, thiamine and B6. It's a decent source of fibre. And it's low in calories and sodium.

As well, in a happy coincidence, a study showed Guelph Millennium is blessed with significantly higher levels than any other asparagus variety of an antioxidant called rutin, also found in buckwheat, onions and black olives.

In the gut, bacteria convert rutin to a beneficial anti-inflammatory compound called quercetin.

Studies by former Guelph nutrition researcher Dr. Krista Power, now with the University of Ottawa, revealed that even at very low levels, rutin-rich

Guelph Millennium had extraordinary benefits. For example, it helped laboratory mice heal from intestinal damage caused by colitis, a condition that contributes to inflammatory bowel disease (IBD).

Power is hopeful that further testing will show Guelph Millennium can similarly help humans suffering from chronic diseases such as IBD.

"I've profiled many different food-types for their ability to help ease IBD, and I believe rutin-rich asparagus like Guelph Millennium could be a super food for gut health," she says.

Guelph Millennium was developed with support from the Ontario asparagus industry, and from the Ontario Ministry of Agriculture, Food and Rural Affairs. Happy harvesting, and here's to healthy eating.

Are there antibiotics in meat?



Michelle Jaelin
Registered Dietitian, Toronto

I'm curious and a bit confused about the labels around antibiotics and food lately. I figured the best place to start is to ask a farmer why they even use antibiotics.



It's a simple question with lots of complicated answers.

I work hard caring for my animals, which includes keeping them healthy. A veterinarian can prescribe antibiotics if sick chickens need treatment, but that's rare. If we do have to treat, we follow strict withdrawal times to ensure no residues are in our meat. My family eats the same food yours does and we take our commitment to caring for chickens and producing healthy, affordable food seriously.



Andrea Veldhuizen
Chicken Farmer, Niagara Region

Let's continue the conversation #BestFoodFacts • @FoodIntegrityCA • www.BestFoodFacts.org

metro SPORTS

Your essential daily news

THE MOST INVENTORY OF CHEVY TRAVERSE IN CANADA

BIG ROOM
(8 PASSENGER)

SMALL PRICE



stock #770543

GM Jim Gauthier
CHEVROLET • CHEVY TRUCKS

STARTING FROM \$29,888

1400 McPhillips 1 Block North of Inkster LOCAL 204-897-1400 TOLL FREE 1-800-465-1400 www.BigGuyDeals.ca

Deals are always better on the north side of the city!

Regretful Casey criticizes Raps after Cavs sweep series

NBA PLAYOFFS

'We could have played better in first 3 games,' the coach said

Dwane Casey asked his team to play with pride.

Facing an ugly ending to a season that had held so much promise, the coach didn't want them to go down without a fight. They responded. But in the minutes after the Toronto Raptors' season came to an end in a four-game sweep by Cleveland in the Eastern Conference semifinals, Casey lamented the three lackadaisical efforts earlier in the series.

"It's tough," Casey said. "We know we could have played better in the first three games. We didn't. Today, I thought the guys played. In that do-or-die situation, guys can easily pack it in. I thought our guys played with grit, toughness, togetherness. We all want to win. I don't know if we're there yet. We're knocking on the door."

Serge Ibaka scored 23 points, while DeMar DeRozan added 22, and the Raptors, coming off

three consecutive blowouts, took Cleveland to the final couple of minutes before dropping a 109-102 decision to the defending NBA champion on Sunday.

"At the end of the day, you gotta give (Cleveland) credit," said a downcast DeRozan, his young daughter Diar — dressed in a white sequined No. 10 Raptors jacket — propped on his lap.

"They're a hell of a team for a reason. They got one of the greatest players of all time (LeBron James).

"It's on us to let this sink in and understand we gotta come back extremely better, individual and team-wise."

It was Toronto's first playoff sweep since the opening round against Washington in 2015. Now the Raptors head into an off-season of uncertainties, including questions around the future of Casey and Kyle Lowry, who plans to opt out of the last year of his contract and become a free agent.

"It's hard to break down a team that won 50-plus games

two years in a row, with the core guys," DeRozan said. "That's on upper management. Us as players, we've gotta be ready for whatever. The guys that are free, the guys that are coming back, we've gotta understand, we've gotta work on our game, become better, and leave it up to the front office to figure out everything else."

LeBron James had 35 points to top the Cavs, who dispatched the Raptors in six games in last season's Eastern Conference final. Kyrie Irving had 27 points, while Kyle Korver finished with 18.

Cory Joseph, who started for the second straight game in place of an injured Lowry (ankle) had 20 points and 12 assists, while P.J. Tucker, who was draped all over James on the defensive end, finished with 14 points and 12 rebounds.

The Cavs won the first three games 116-105, 125-103, and 115-94. THE ASSOCIATED PRESS

GAME 4 In Toronto



Raptors guard DeMar DeRozan drives to the basket against LeBron James of the Cavaliers on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

IN BRIEF

Harman holds off Johnson to win the Wells Fargo

Brian Harman made a 30-foot birdie putt on the final hole Sunday to win the Wells Fargo Championship and deny Dustin Johnson the chance at a fourth straight victory.

World No. 1 Johnson, back from injury, went from making the cut on the number to a 67-67 weekend at Eagle Point, nearly forcing a playoff with Harman. THE ASSOCIATED PRESS

Bombers select Ekakitie

The Winnipeg Blue Bombers selected Iowa defensive lineman Faith Ekakitie first overall in the CFL draft Sunday night.

The move wasn't a surprise as the Bombers were reportedly in contract talks with the 24-year-old Brampton, Ont., native prior to the draft. THE CANADIAN PRESS

MacKinnon tricks Slovenia for Canada at worlds

Nathan MacKinnon scored a hat trick to lift Canada to a 7-2 win over Slovenia at the world hockey championship on Sunday. The win at AccorHotels Arena in Paris improved Canada's record to 2-0.

MacKinnon also added an assist while Colorado Avalanche teammate Tyson Barrie had a goal and three assists. Brayden Point, Mitch Marner and Jeff Skinner also had goals for Canada. THE CANADIAN PRESS

Biagini helps Blue Jays edge Rays on the road

Joe Biagini and four relievers combined on a three-hitter, Darwin Barney hit a tiebreaking homer in the eighth and the Toronto Blue Jays beat the Tampa Bay Rays 2-1 on Sunday.

The Blue Jays took two of three from the Rays to win a road series for the first time this season. It also was just the fifth time in 31 tries since 2007 that Toronto won a series at Tropicana Field. THE ASSOCIATED PRESS

NHL PLAYOFFS

Preds make history with series win over Blues

Ryan Johansen celebrated his game-winning goal with a windmill fist pump, and the Nashville Predators finished off the rest of a thrilling third period with the standing-room-only crowd on their feet anticipating history.

Yes, the team that plays in a place called "Smashville" is going someplace the Predators have never been before: The Western Conference final.

Johansen scored 3:15 into the third, and the Predators advanced to the conference finals in their fourth try by

beating the St. Louis Blues 3-1 to take the series in six games.

"It's a big step for the franchise," Predators defenceman Roman Josi said. "This is such a great city, such a great hockey city, I think people finally recognize that. Our fans are unbelievable." The Predators won their ninth straight playoff game in Nashville going back to last post-season.

"It's obviously a tough building," Blues goalie Jake Allen said. "So whoever they play next is going to have their hands full." Goalie Pekka

+ IN EDMONTON

Leon Draisaitl netted a hat trick in Game 6 as the Edmonton Oilers thrashed the Anaheim Ducks 7-1 to send the series to a Game 7 decider. THE CANADIAN PRESS

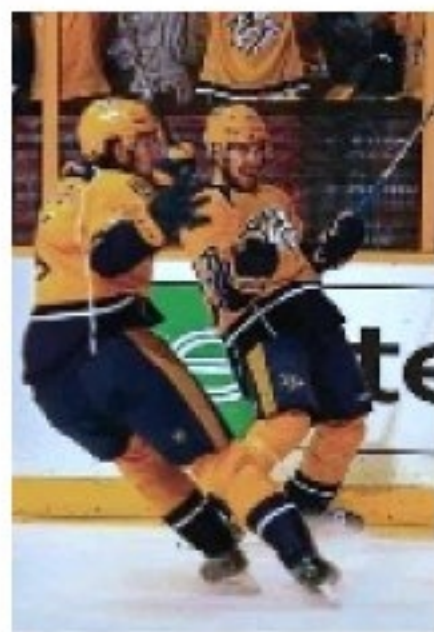
Rinne made 23 saves and had an assist. Josi had a goal and an assist, and Calle Jarnkrok added an empty-netter with 60 seconds left.

"Right now, it means every-

thing," Rinne said. "We haven't gotten further than this before. Obviously, it's a great feeling. There's a lot of work left. After this second round, there are only four teams left. We all know that we have what it takes and everything is in our hands. It's a good feeling. This is why you play this game. Right now, I'm pretty happy."

Nashville will play either Anaheim or Edmonton.

Paul Stastny scored for St. Louis, which fell short of a second straight conference final. THE ASSOCIATED PRESS



Predators Filip Forsberg, left, and Viktor Arvidsson react after a third-period goal.

FREDERICK BREEDON/GETTY IMAGES

MAKE IT TONIGHT

Decadent Chocolate Raspberry Smoothie



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

The classic pairing makes its debut in your morning smoothie making it a decadent but healthy way to start the day.

Ready in 10 minutes

Prep time: 5 minutes
Cook time: 5 minutes
Serves 2

Ingredients

- 1 cup frozen raspberries
- 1/2 cup frozen strawberries

- 1.2 cup chocolate almond milk
- 1/4 cup milk
- 1/4 cup plain Greek-style yogurt
- 1 Tbsp maple syrup
- 1 Tbsp chocolate chips or cacao nibs

Directions

1. Place all the ingredients in your blender and whiz until smooth.

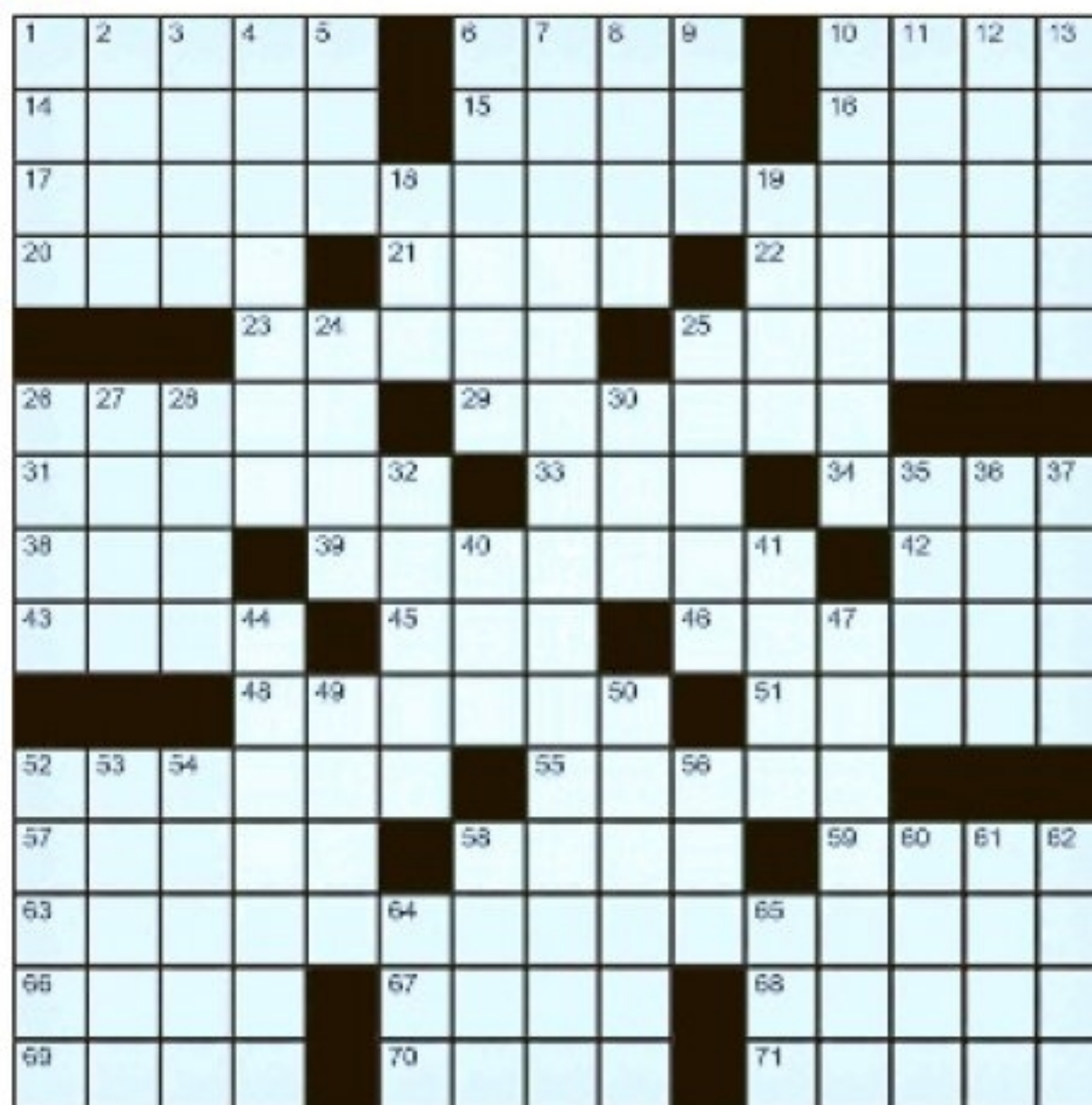
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Peppery salad herb, Garden _
6. _ daisy
10. _ seeds (Health food store purchase)
14. Ms. Kelly of "Friday Night Lights"
15. "You gotta be kidding!"
16. Hamilton's _ Village
17. Canadian drama which starred Nicholas Campbell as a Vancouver coroner: 3 wds.
20. Scrape, as spoken sound
21. Muffins-making milieu
22. Excessive
23. Rice dish
25. Dishes de-sudsing-izer
26. Presentation-giver's device, _ pointer
29. Mistaken-for-a-wolf animal
31. Open a gift
33. Mouse's lab pal
34. Certain chordophone
38. Comic actress Ms. Gasteyer
39. Made a witty remark
42. "Video Games" singer, Lana Del _
43. Mail org. in The States
45. Martial Art, _ Chi
46. Subdued
48. Charles or William or Harry
51. Mr. Millan aka 'The Dog Whisperer'
52. Backstreet Boys member A.J.
55. Characteristics of walrus



57. In the lead
58. Gigantic
59. Gull-like bird
63. Indigo and Coles in Canada: 2 wds.
66. Coastal bird
67. _ Sound, Ontario
68. Calgary neighbourhood

69. Television producer Norman
70. "If all _ fails..."
71. Painter's artwork base

DOWN

1. RCN rank
2. Music trade org.

3. E-mails eliminate the need for 'em
4. "Gilligan's Island" role, with The 5. _ Diego
6. 1951 mainframe computer
7. Emulate a fashion model on a shoot: 3 wds.

8. Washer cycle
9. Yearning
10. England's nickname connected to France
11. Minds
12. Put forth
13. Michaelmas daisy
18. Row's opp., as on

- a spreadsheet
19. Leave a job
24. Baghdad's country
25. Routines
26. Honolulu banquet
27. Ms. Jillian's
28. Exchange
30. Slang-style mouth
32. Russian leader Vladimir
35. Latin for 'city'
36. Prefix meaning 'Trillion'
37. Observer
40. Sir McKellen
41. Wharf
44. Parliament Hill job, _ of the House
47. Telephone _ (What the caller left)
49. Vintage house heaters, for short
50. Playwright Mr. O'Neill
52. Silent movies star Ms. Normand (b.1892 - d.1930)
53. Lopping the lawn or doing the dusting
54. "Bleeding Love" singer Ms. Lewis
56. L'il bit of "60 Minutes"
58. Wolf's wail
60. "The _ in the Hall" (Canadian sketch classic)
61. Some, in French: Quelques- _
62. "It should come _ surprise that..."
64. Shoe part
65. Take it all

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a prickly Monday, so be cautious. Close friends and partners will surprise you by being moody or demanding, or wanting more freedom. Tread carefully!

Taurus April 21 - May 21
Your routine will be interrupted today by computer crashes, canceled appointments, power outages — something. Give yourself extra time so that you will have wiggle room to deal with this.

Gemini May 22 - June 21
This is an accident-prone day for your kids, so be vigilant. Social occasions might be canceled or rescheduled. Ditto for sports. Yikes!

Cancer June 22 - July 23
Small appliances might break down, or minor breakages could occur because your home routine will be interrupted. A surprise visitor might knock on your door. Stock the fridge.

Leo July 24 - Aug. 23
This is a mildly accident-prone day. Pay attention to everything you say and do. Keep your eyes open to avoid a physical accident or verbal gaffes.

Virgo Aug. 24 - Sept. 23
Keep an eye on your money today, because something unpredictable might happen. You might find money, or you might lose money. Your possessions might be stolen, broken or lost.

Libra Sept. 24 - Oct. 23
It's hard to predict what people will do today. And you feel the same way, which is why you might change your mind spontaneously today and take off in a new direction.

Scorpio Oct. 24 - Nov. 22
You feel restless today. You have the feeling like you're waiting for the other shoe to drop. Don't bother — it is invariably ugly and in the wrong size.

Sagittarius Nov. 23 - Dec. 21
A friend will surprise you today by saying or doing something unusual. Conversely, you might meet someone who's a real character.

Capricorn Dec. 22 - Jan. 20
Be careful when talking to bosses, parents and VIPs today, because things will not unfold as you expect. Do not be offended.

Aquarius Jan. 21 - Feb. 19
Travel plans will change today — almost certainly. Double-check details, and make sure you know what's happening.

Pisces Feb. 20 - March 20
Agreements about shared property, taxes, debt and inheritances might suddenly fall through today or be changed. Stay on top of this so that you are not caught off guard. In a situation like this, information is power.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	8				9	4	
3			8		6			1
			1					5
			5					9
			2					4
		4					8	
	9					7		
5					2			
6	3	7	4		9	1	5	2

©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.



DOWNLOAD
METRO'S
NEW APP NOW

OFFLINE
READING

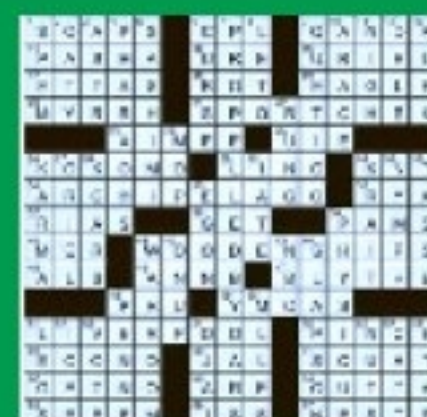
•LOCAL NEWS • VIEWS • LIFE • SPORTS

>>>

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



8	7	3	6	5	1	9	4	2
6	5	4	2	8	9	1	7	3
9	1	2	7	3	4	8	6	5
3	9	8	5	7	2	6	1	4
2	6	1	4	9	8	5	3	7
5	4	7	1	6	3	2	8	9
4	3	5	8	2	6	7	9	1
7	8	9	3	1	5	4	2	6
1	2	6	9	4	7	3	5	8



**THERE'S
A DREAM
WE SHOULD
ALL KNOW
ABOUT.**

**A MAKE THE WORLD A BETTER
PLACE KIND OF DREAM.**

**IN THIS DREAM, WE ALL GET
TO WHERE WE WANT TO GO.**

**THERE ARE LESS LADDERS.
MORE HELPING HANDS.**

**SUCCESS IS MEASURED
DIFFERENTLY IN THIS DREAM.**

**HOW MUCH YOU MAKE A
DIFFERENCE IS MORE IMPORTANT
THAN HOW MUCH YOU MAKE.**

**AND PERSONAL EXPERIENCES
ARE MORE VALUABLE THAN
PERSONAL POSSESSIONS.**

**IN THIS DREAM, PEOPLE
CARE ABOUT PEOPLE
THEY'VE NEVER MET.**

**AND THE BIG IMPORTANT
CHOICES ARE MADE FOR OUR
KIDS' FUTURE, NOT JUST OURS.**

YOU CAN SPEAK ANY LANGUAGE.

LOVE WHO YOU WANT TO LOVE.

**EVERYONE IS WELCOME
IN THIS DREAM.**

THIS IS THE CANADIAN DREAM.

**AND IT'S INSPIRING US
TO FIND NEW ROADS
AS A CAR COMPANY.**

CANADIANDREAM.CA

CHEVROLET
FIND NEW ROADS™

